

Vegetable and Turkey Stir Fry

Makes: 4 servings

Ingredients

1 tablespoon vegetable oil
1/2 teaspoon salt
2 thin slices of ginger root (minced)
1 garlic clove (peeled and minced)
16 ounces turkey (cooked, cut into 1/2 inch cubes)
1/2 teaspoon sugar
1 2/3 packages vegetables, fresh or frozen (10 ounce package, chopped)
 water (optional)

Directions

1. Heat fry pan. Add oil and heat on high temperature.
2. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil.
3. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time.
4. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender.
5. Serve at once, or if you wish to add a gravy:
6. Mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds.
7. Refrigerate leftovers within 2 hours.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	4 g	6%
Protein	26 g	
Carbohydrates	17 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	360 mg	15%